

WASH YOUR HANDS

FLU CAMPAIGN 2018



WHEN TO WASH YOUR HANDS

BEFORE:

- preparing, handling, eating or serving food
- treating a wound or injury or caring for someone who is sick
- inserting or removing contact lenses

AFTER:

- going to the washroom;
- handling uncooked food (especially meat, poultry or raw fish)
- changing a diaper (a baby's or an adult's)
- blowing your own or someone else's nose, coughing or sneezing
- playing with or petting an animal (especially a reptile or other exotic animal)
- handling trash
- taking care of someone who is sick or injured

HOW TO WASH YOUR HANDS

1. Wet your hands.
2. Apply soap (preferably antibacterial).
3. Thoroughly wash all parts, including wrists, palms, back of the hand, fingers and under the fingernails for 20 seconds.
4. Rub palms together with fingers clasped.
5. Rub the palm of one hand on the back of the other hand and vice versa.
6. Rinse and dry, always starting with the forearms and moving progressively toward the hands and fingers. Pat your hands dry instead of rubbing them to prevent skin from chapping or cracking.
7. Turn off the tap using the paper towel.